TwinLight Rejuvenation of the Hands

Dénes Pesthy MD

Introduction:

Due to the natural skin aging process, many body areas can benefit from rejuvenation protocols that assist in reversing the effects of aging. The hands and eyes are the first two points of contact when you meet and greet someone. The secret to younger-looking hands is the improvement of 3 key aspects of anti-ageing: removing age spots, improving skin texture and restoring volume. An ideal treatment should be minimally invasive and induce immediate and long-lasting effects.

Lasers can help to turn back time by providing rejuvenation for the hands. In most cases, a combination laser treatment works the best. My favored combination is Nd:YAG (FRAC3 and Piano Mode) with Er:YAG (SMOOTH Mode). Between 1-3 laser sessions are needed, depending on the level of ageing.

A unique combination of different modalities of the Nd:YAG and Er:YAG wavelengths can achieve multiple effects of skin rejuvenation, resurfacing, tightening and toning through a non-invasive treatment. Fotona's unique SMOOTH mode Er:YAG brushing technique is performed with constant movement of the handpiece, rapidly apply heating to create an overall tightening effect. No anesthesia is needed.

Laser	SP Dynamis		
	Step 1	**Step 2**	**Step 3**
Wavelength	1064 nm	1064 nm	2940 nm
Handpiece	R33-T	R33-T	R11
Spot size	9 mm	9 mm	7 mm
Energy / Fluence	200 J/cm^2	15 J/cm^2	3.75-4.0 J/cm^2
Mode	PIANO	FRAC3	SMOOTH
Pulse duration	6 sec	0.6 msec	250 msec
Frequency		5.5 Hz	3.3 Hz
Cooling	No	Zimmer 1	No
Technique	brushing	brushing	fast-brushing
Notes	maintain at ~40°C for 3 mins	~500 pulses / hand	2000-2500 pulses / hand
Sessions	1-3 sessions with 4-week interval		

Dr. Denes Pesthy graduated from the Medical University of Pécs, Hungary in 1987 and received his General Surgery degree from the same university in 1991Dr. Pesthy has completed courses in Laser Therapy and Laser Surgery, (Budapest, (1995 - 1996), and he is also a certified member of the Laser and Health Academy, having completed LA&HA Aesthetics & Dermatology training courses in the following areas: ablative treatments (2008), non-ablative treatments (2010), tattoo removal and treatment of pigmentation disorders (2012), expert training on skin rejuvenation techniques (2015), as well as Fotona's NightLase® and Apnea treatments (2016) and more. Since 2018 Dr. Pesthy is a certified Lecturer of the Laser and Health Academy.

CLINICAL CASE:

A 54-year-old woman came to our clinic for hand rejuvenation. No special skin preparation was used. No anesthesia was needed.

Step 1 PIANO, an ultra-long Nd:YAG pulse mode for bulk tissue skin tightening, heating safely and rapidly from the outside in by concentrating energy delivery subcutaneously. This allows the heat in the deep tissue to stimulate contraction of old collagen and activate the synthesis of new collagen. Perform multiple passes, maintaining the temperature at around 40°C for 3 minutes.

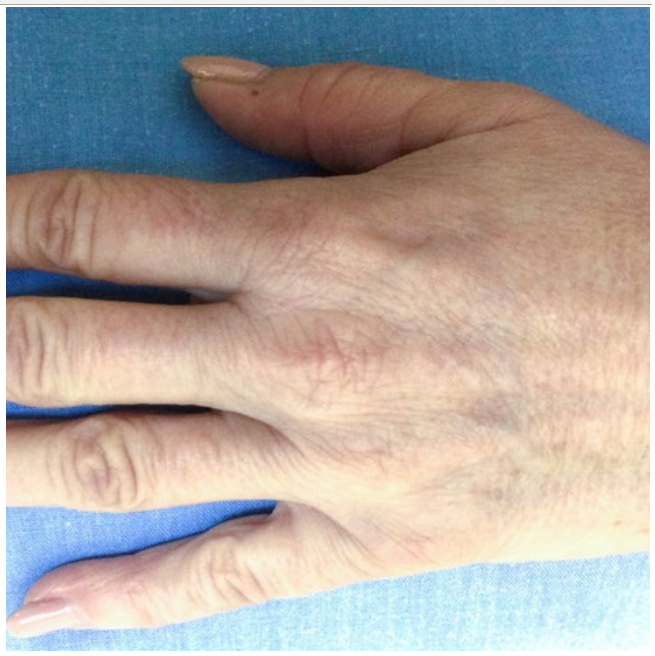
Step 2 FRAC3, a self-induced, fractional effect of the Nd:YAG laser for treatment of specific, deeper imperfections and pigments to restore a youthful texture.

Step 3 SMOOTH mode, creating a strong tightening response and providing only shallow development of new collagen. A fast-brushing technique is used (R11, 7 mm, Fotona SMOOTH 3.75-4.0 J/cm^2, 3.3 Hz, 2000-2500 pulses per hand).

Two to three sessions in four-week intervals were performed to achieve long-lasting effects.

The protocol has been shown to be non-aggressive, which allowed the patient to return immediately to her normal routines. We advised the patient to stay hydrated and use sun protection after the treatments. No complications were observed with this protocol.

The photos were taken before, immediately after the first session and 4 weeks after the procedure.

Before treatment	After treatment
	

Before treatment	Immediately after the treatment	After treatment